

MANGO CUCUMBER SOUP

Sweet, ripe mangos are the basis for this refreshing and quick chilled summer soup. It's a no-stove recipe that's perfect when outdoor temperatures rise.

Preparation time: 30 minutes, plus 2-3 hours to chill soup **Serves:** 4

INGREDIENTS:

- 2 ripe mangoes, divided
- 1 English cucumber, divided
- 2 tbsp chopped onion
- 1 jalapeño pepper, finely diced (optional)
- · Juice from one fresh lime
- ½ cup water
- 2 6-oz containers plain, non-fat Greek yogurt
- 1/4 cup fresh chopped cilantro

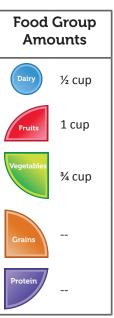
DIRECTIONS:

- 1. Cut all but one half of mango into chunks, removing peel and pit; chill remaining mango half for use with garnish.
- 2. Slice off ¼ of the cucumber and chill for use with garnish. Coarsely chop remaining ¾ of the cucumber.
- Place chopped mango, cucumber, onion, and pepper (optional) in blender or food processor with lime juice and water. Purée until smooth.
- 4. Blend in yogurt. Chill until ready to serve.
- About 15-30 minutes before serving, prepare garnish. Dice chilled mango half, removing peel and pit; dice remaining cucumber. Mix mango and cucumber dices with cilantro. To serve, top bowls of soup with garnish.

Serving Suggestions:

Serve with 8 fl oz (1 cup) 100% apple juice.





Nutrition Facts Serving Size (378g) Servings Per Container			
Amount Per Ser	ving		
Calories 170 Calories from Fa			m Fat 5
% Daily Value*			
Total Fat 0.5g			1%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 45mg			2%
Total Carbohydrate 33g 11%			
Dietary Fiber 3g			12%
Sugars 28g			
Protein 11g			
Vitamin A 40	% · \	Vitamin (120%
Calcium 15% • Iron 2%			
*Percent Daily Vs diet. Your daily vs depending on you	alues may be	e higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gram Fat 9 • C		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Recipe Submitted by Produce For Better Health Foundation



